

Year of Healthy Communities



The First Month

Goals

- **Identify, lift up and celebrate** efforts to help Arizonans be healthier and live well
- **Facilitate connections** between groups and sectors
- **Shift the “health” paradigm** – health is more than health care.
- **Influence** policies and systems for change



RESOLUTION

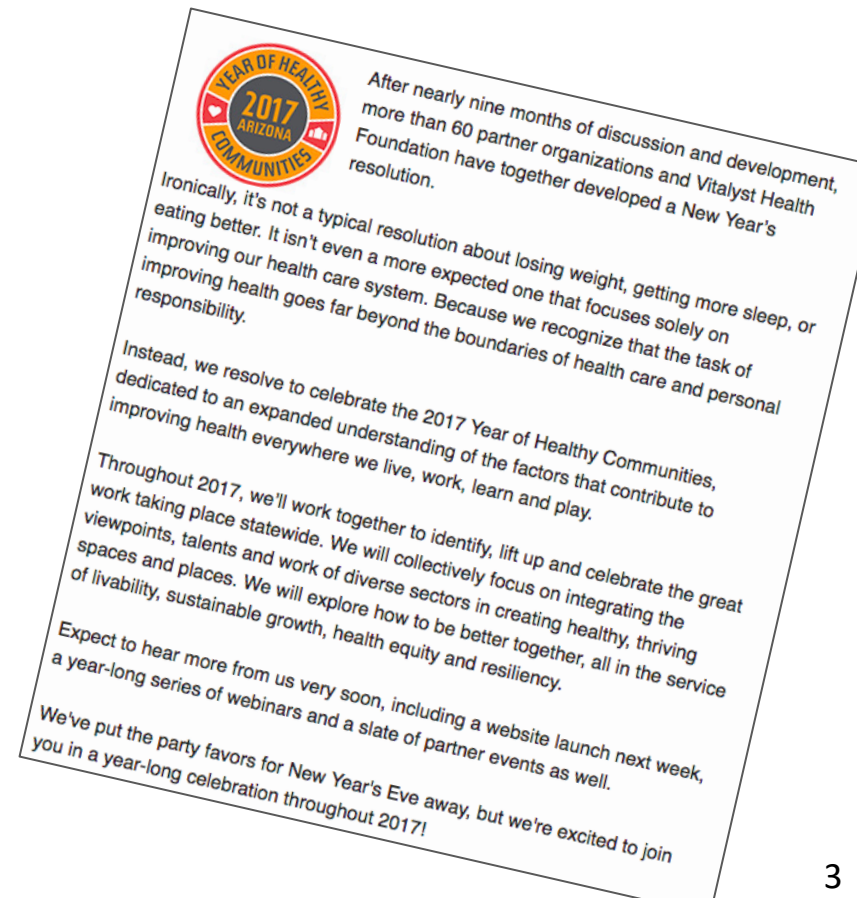


Celebrate the Year of Healthy Communities

New Year's Resolution

We resolve to celebrate the 2017 Year of Healthy Communities, dedicated to an expanded understanding of the factors that contribute to improving health everywhere we live, work, learn and play.

New Year's Resolution full copy:
<http://eepurl.com/cud8Q1>



Dedicated to identifying, celebrating and connecting efforts to improving well-being in Arizona.

What is the Year of Healthy Communities?

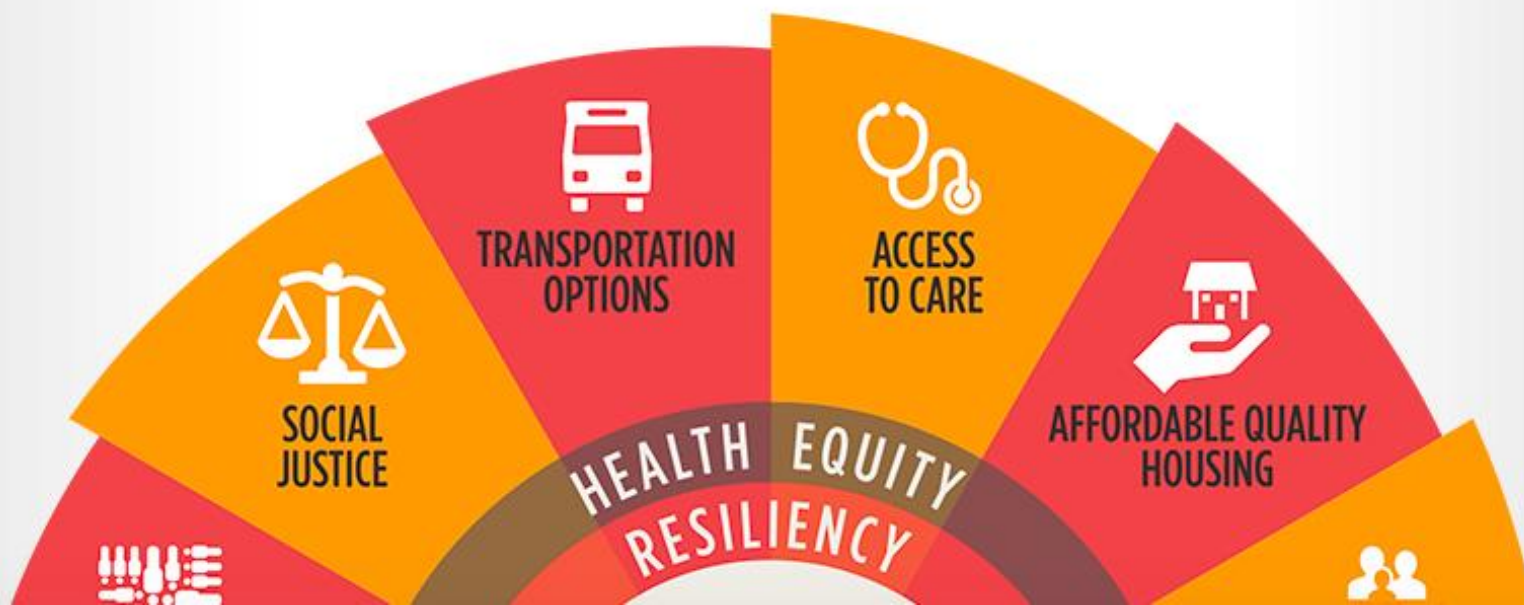
The 2017 Year of Healthy Communities is a mutually-beneficial collaborative year starting with the notion that building individual and collective momentum can enable everyone involved to reach a ... [\[Read More...\]](#)

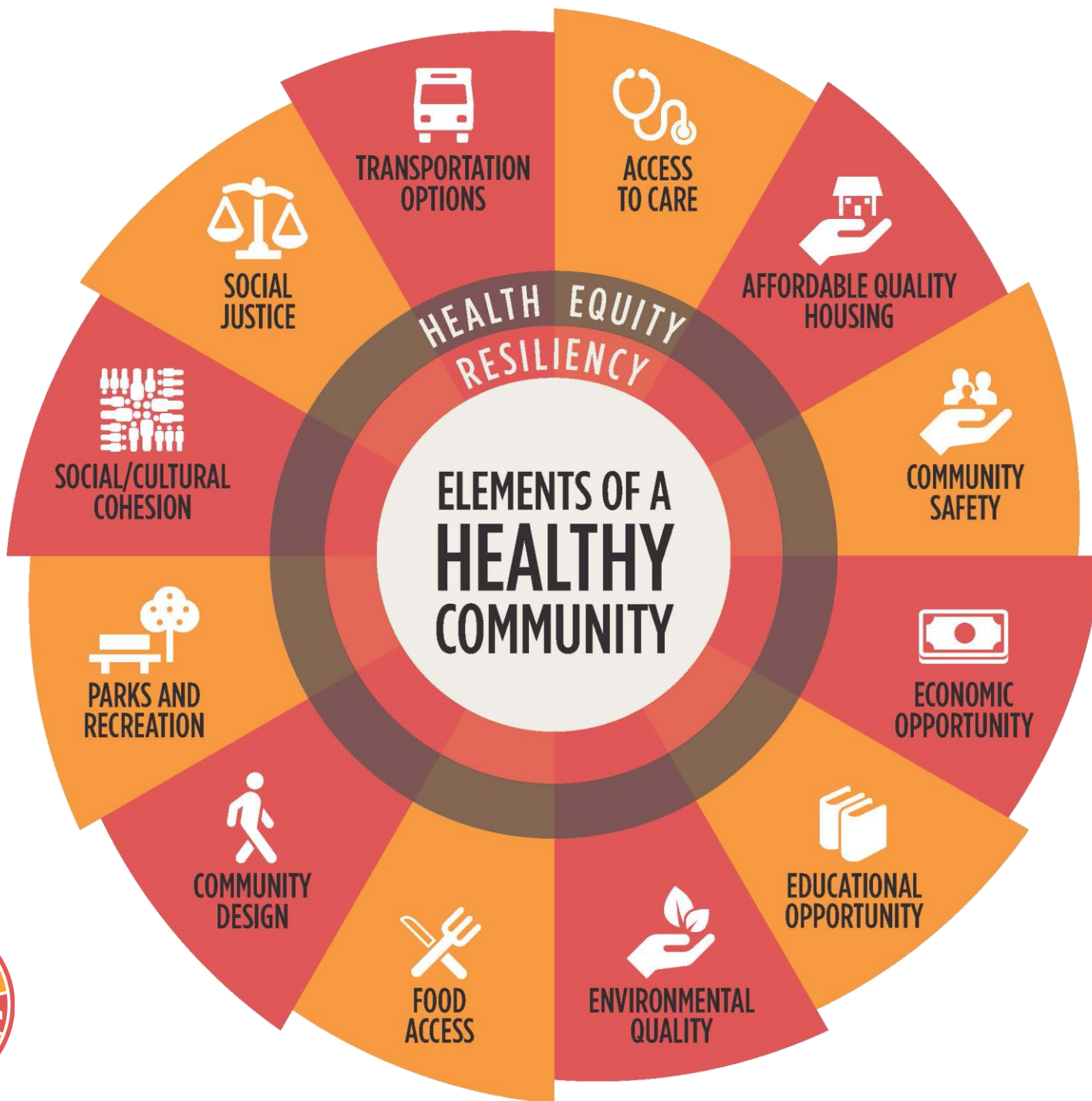
Learn More: Replay our January 26 Webinar

Get to know the "Elements of a Health Community" wheel through the eyes and ears of front-line practitioners. This one-hour roundtable provides a brief overview of the year, takes a trip around the ... [\[Read More...\]](#)



Elements of a Healthy Community





January 26 Kickoff Webinar



Marcus Johnson
Vitalyst Health Foundation



Diana Yazzie Devine
Native American Connections



Michael McDonald
Community Food Bank of
Southern Arizona



Emily Yetman
Living Streets Alliance





Arevalos Farm

Arevalos Farms is a 3rd generation Mexican-American family farm in Double Adobe, AZ run by Aaron Cardona. The vegetables are naturally grown using organic methods and irrigated by a combination of drip and dry-land farming techniques, cover cropping and a minimal-till system. The farm offers a wide variety of vegetables varying by season and implores native, desert-adapted seed varieties, as well as traditional Mexican food products.

Fair pay: Garnering a fair wage for the food they grow keeps farmers like Aaron in business and builds the strength of our regional food economy.

Environmental Stewardship: Native crop varieties use less water, eco-farming prevents pollution, and going local reduces fossil fuels.

Nutrition: Fewer food miles and rich, healthy soils lead to higher nutrient density in local fruits and vegetables.



Tohono O'odham Yellow Watermelon

Size: Oval fruit between 20-35 lbs

Color: Yellow to orange

Taste: Sweet and crisp with a rich bouquet

Shelf-life: 14 days

History: The Tohono O'Odham people originally cultivated this yellow-meated fruit, also known as "*Gepi*" in the O'odham language. When Father Eusebio Kino arrived among the Piman peoples of Southern Arizona in the late 1680s, he was startled to find watermelons being grown throughout the region.

Watermelons were among the most important crops to the Piman and Hopi peoples, who ate them for six months of the year. This stunningly delicious watermelon has been adopted by many chefs in the Arizona area.



Encanto Pointe

Permanent Supportive Housing for Chronic Homeless



NATIVE AMERICAN CONNECTIONS

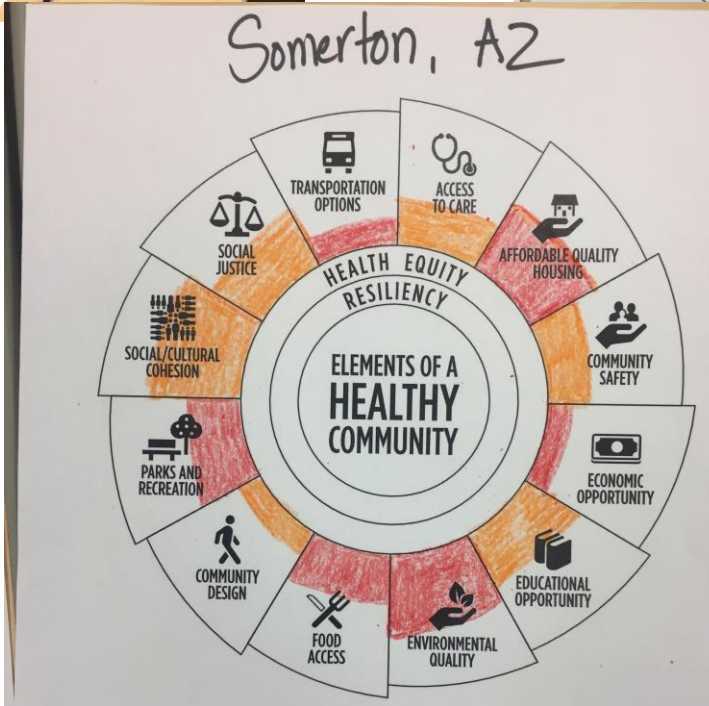
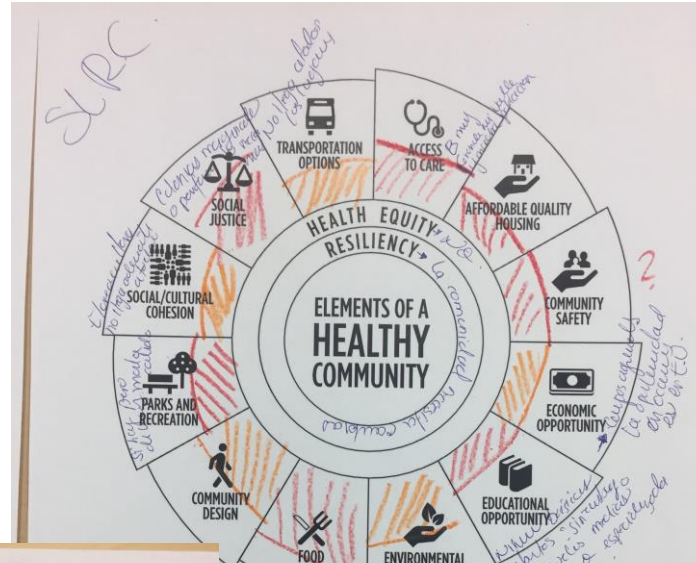
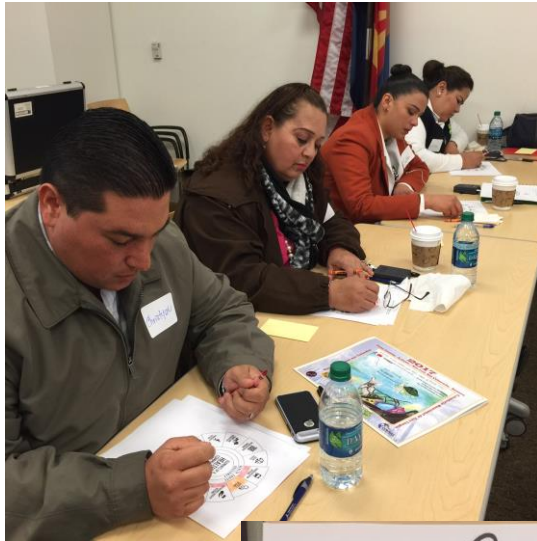
ACCESS TO CARE:

What does it mean?

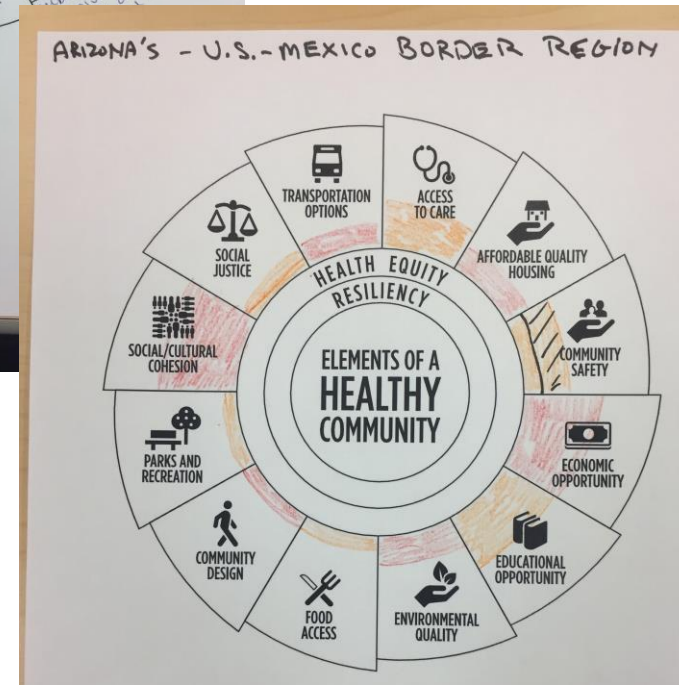
- Right care, right place, right time*
- Quality health insurance coverage*
- Achieving the Triple Aim*



Yuma Workshop



Sino habíamos
de la oportunidad
económica
y de la cultura
que permiten
rechazo a la
comunidad



INCREASE COMMUNICATION
BETWEEN AGENCIES TO
REDUCE DUPLICATIONS

ORGANIZATION
- Trabaja las duplicaciones
administrativas
y asociaciones privadas

Políticas
Estrategias
de salud pública

Políticas
Estrategias
de salud pública

Organization
Office of Border Health
non profit hospital

implementing exchange
informational policy
(already signed
by state)

Regional
Center for Border
Health

Health promotion
- help people better prevent and manage
for the community

ACCESS
TO CARE
Resources are
lacking - Specialists
in our communities
example: autistic therapies

- Project
Public Health Surveillance

Project - Personal program
- Planning
- Part of the structure
- Support
- Senior Center
- Hand starts

Community health
- help people better prevent and manage
for the community

Programs for
Prevention for
Rural

Economic Develop
Director

Community health
- help people better prevent and manage
for the community

ECONOMIC
OPPORTUNITY

ACE Yuma
(Arizona Community
Foundation)

New's
High School

Community health
- help people better prevent and manage
for the community

City Manager

WACOG - Community
Needs + Assets
Assessments

Town
Halls

Strong nonprofit
community

Transportation
Options



Aumentamos mas a
la comunidad
y brindar mas
orientacion sobre
salud



SOCIAL
JUSTICE

The Community understood
that they are empowered to
make change.

What more needs to change?
- More collaboration + communication
among organizations
- better data sharing / feedback, needs
- when it's proposed to do this work
- involved in process trying to make
a difference in the community
- who is doing the work? RCFBD.

Willingness to
collaborate

SOCIAL/CULTURAL
COHESION

Social
media info

Club

gardens
at schools
(vegetable gardens)

Peers

Para: & rec. Director

ARKS &
RECREATION

Events - for example
- we run walkways, games
- healthy habits & physical
activity to citizens
- parks with exercise equipment

Activities

Centennial

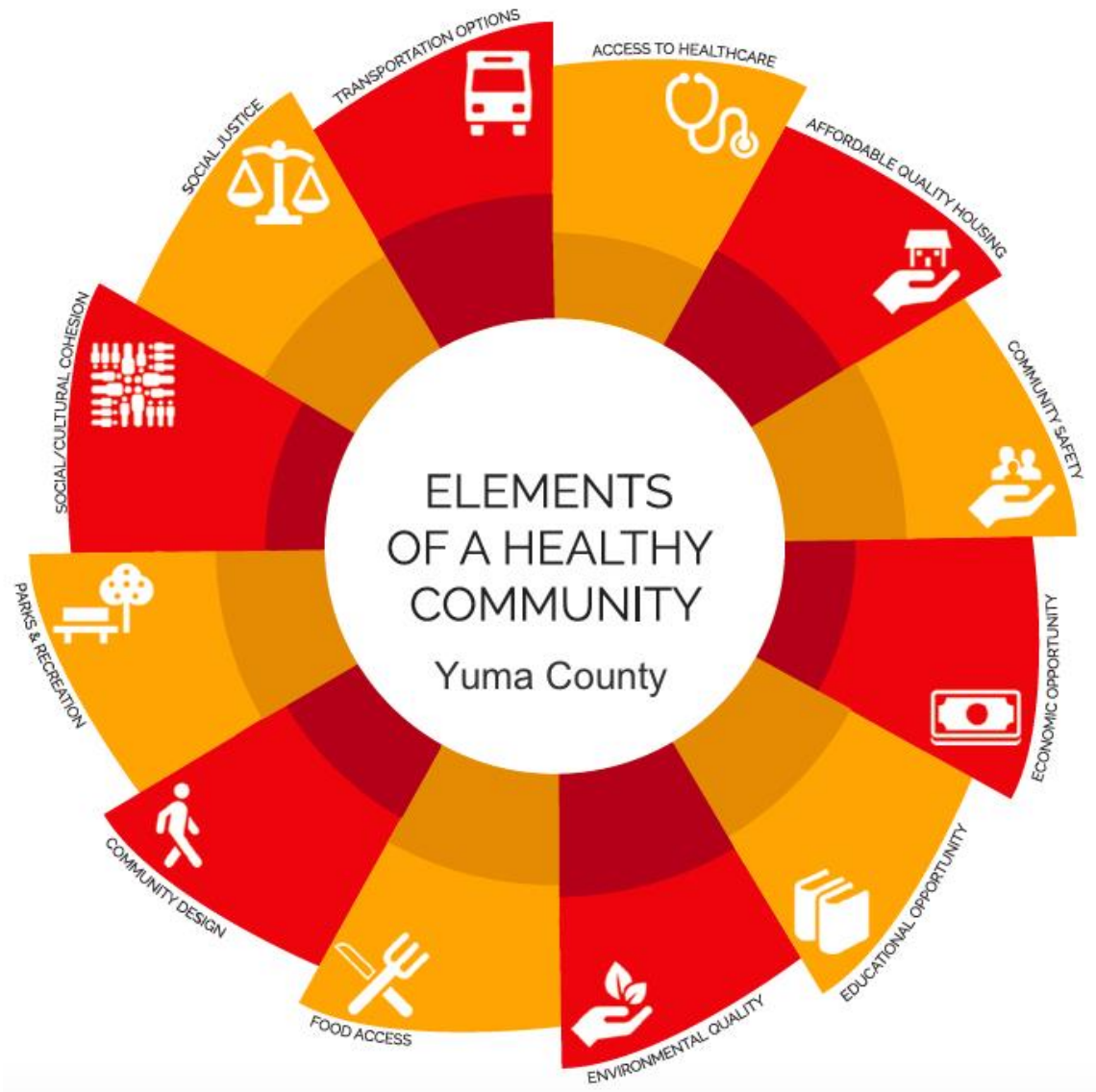
Side walks

Access to healthy food
- side walks



County Data/Baselines

- Produce wheels for each county to inform workshop exercise, discussion.
- Add to livewellaz.org with county pages (March).
- Ongoing data discussion.



Continuum

Champion

Advocate

Aware

Curious

Resistant



Continuum

Resistant

- Don't do "health."
- Have a day job.
- Already on/in committee/group.
- Don't complicate my life/day/work.
- Already expert; not interested in leaving comfort zone.

Curious

- Attends webinar, meeting.
- Signs up.
- Interested in what X is up to.
- Gets connected by "somebody I trust."
- Takes any action to connect.

Aware

- Verbalizes intersections.
- Expresses "ahas."
- Actively makes health contacts.
- Energized, needs support/ guidance.
- Talking, not yet comfortable leader in conversations.

Advocate

- Purposefully educates and activates others.
- Practices "buy in" and accountability.
- Adds to "the mission" and work.

Champion

- Seeks collaborative leverage with other sectors.
- Incorporates health perspective.



Year of Healthy Communities



The First Month